

Balance

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Here is an exercise to help you attune to the balance of fundamental consciousness.

Mentally locate the space to the right of you.

Mentally locate the space to the left of you.

Now mentally locate the space to the right and the left of you at the same time.

Mentally locate the space in front of you.

Mentally locate the space behind you.

Now mentally locate the space in front and behind you at the same time.

You may notice that when you balance your attunement to the space around you, you automatically arrive in the vertical core of your body.

To be balanced is also to be centered.